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In the Heart of Virginia's Dark Tobacco Belt
Appomattox, Virginia

ESTABLISHED 1892

Mr. and Mrs. Calvin Robinson ..... *Editors and Publishers*

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SAVE YOUR MONEY

The Government has taken action which might mean faster accumulation of money for those who have savings accounts. The Federal Reserve Board and the Federal Deposit Insurance Corporation have authorized an increase in interest rates on savings accounts.

The interest rates may be paid at three per cent on savings accounts, and on same time deposits and certificates. These authorizations go into effect on January 1st, and while they are not mandatory, a number of banks—especially larger ones—will probably increase their interest rates as of that date.

The interest rate on time deposits and certificates, running ninety days to six months, can be raised from two to two and a half per cent.

The recent announcement means that, if you save money, you will probably get a higher rate of interest on your money in the future.

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HOW TO SLEEP

Many Americans complain that they have trouble sleeping at night. They resort to all sorts of drugs, and other remedies, some of which are not necessary and some of which do not do the body any good.

Experts have almost unanimously agreed that difficulty in getting to sleep at night is rarely due to a physical disorder or ailment. Insomnia, if you have it, can usually be prevented if you will use your thinking process a bit and if you can discipline yourself to refrain from worry at night, putting off your problems until the morning.

The first task, relaxing, is partially dependent upon discipling yourself to starting each day anew, tackling your problems in the morning and not worrying about them all night. If you remember that worry never accomplishes anything, except to destroy your health and your happiness, you will soon learn to discard worry and to tackle your problems each day as they arise.

Experts say that if you would avoid insomnia, you should relax and unwind before going to sleep. They suggest listening to quiet music, reading an easy-to-read novel, taking a warm bath leisurely, or pursuing some other hobby of relaxation which will quiet you down.

A combination of refusing to uselessly worry over life's problems at night and calming yourself down before you go to bed, will produce better results than drugs, sleeping pills and artificial sleep-makers. Also, it will save you money. And unless you have so much money that it is no problem, this consideration should also be an important one to the average person.

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NO TAX CUT

Events abroad in recent days and statements from Administration officials indicate that the American people have little reason to expect a tax cut from the first session of the 85th Congress.

Every year for the last three years, tax cuts have been talked before Congress convened, and, in each case during these years, the financial situation has been so tight at the time when Congress must act, that no tax cut has been voted. Indications are that President Eisenhower will ask Congress for less foreign aid money than last year, but that he will also ask for increased military spending. This is expected to outweigh the decrease in foreign aid spending.

While receipts are expected to be up, they are not expected to be enough to provide funds for any substantial tax cut, and though the effort may be made, chances are against the passage of a tax reduction bill in the first session of the new Congress.

A clue to the President's suggestions along this line may be obtained today and tomorrow, when Congressional leaders will meet with the President at the White House. Mr. Eisenhower, vacationing and working on his State-of-the-Union message recently at Augusta, Ga., will have his program pretty well in mind by the time he meets with the Congressional leaders.

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U. S. AT THE OLMPICS

The U. S. Olympic team made an excellent showing in the Olympics in the first days of competition, although the American team was a bit lacking in depth. However, in the last days of the games, the Russian team made a strong showing, especially in gymnastics and some women's events, and ended up with a comfortable lead to win the 1956 Olympics. The Americans made their strongest showing in the track and field events, as was expected. The U. S. is a proud nation, and would like to have won the Olympics. However, it is far better to keep the American team strictly on an amateur basis, and to build up strength from the principal source of college participants. It is a great honor to represent one's country at the Olympics, and during the next four years, increasing attention should be given to the next meeting of the world's greatest athletes.

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Trading in Appomattox is good common sense. Merchants and customers should keep this thought in mind.

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Liberty becomes license when every man thinks he has a right to do as he pleases, regardless of the will of the majority.

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A balking, kicking mule attracts more attention than a hard-working horse. The same observation applies to some people, including newspaper editors.

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The proper life includes a balance between work and play. This applies to grown-ups as well as to children.

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THE BIBLE SPEAKS

International Uniform Sunday School Lessons

BY DR. KENNETH J. FOREMAN

Background Scripture: I Corinthians 12:27—13:13
Devotional Reading: I John 4:7-21.

Way of Love

Lesson for December 16, 1956

THERE are many ways of living in this world. There is the way of ruthless pride, with the motto: "The world is my orange and I intend to squeeze it." There is the way of the fool, who never thinks beyond today and is always surprised to discover that what he sowed came up and what he didn't plant did not come up. There is the way of the lazy man who can't be bothered, and who always takes the easiest way no matter what. There is even the way of hate, the way of bitterness and suspicion, going always downhill among dead trees without leaf or fruit. Everybody knows that these are none of them Christian ways. Even those who are not Christians know that the way of Christ is the way of love.

Dr. Foreman

Other Ways of Love

But what is the Christian way of love? There are more ways than one to use the word "love." There are ways of love, so called, which are not the Christian way. For instance, there is something called love, which consists really of fondness for things or people that are lovable. For example, a young woman stands at an altar and promises to take a man "for better for worse, for richer for poorer, in sickness and in health." But she does not really hear the vow she makes. And if the man turns out to be poorer or worse than she thought, she looks up a divorce lawyer. The way of Christian love does not demand lovableness first; on the contrary, Christian love can make an unlovely and unloving person lovable. Some love is all for one's own benefit; "I love you" can mean no more than "I want you for my exclusive use." Christian love "does not insist on its own way." It does not ask, "What can you do for me?" but "What may I do for you?"

Blessing the Universe

Another way of love, sometimes mistaken for the Christian way, is no better than sheer sloppy sentimentality. Sometimes it consists in a vague feeling that everything is very nice in a very happy world. A minister once preached on the text, "Ye that love the Lord, hate evil." After the sermon a lady told him she didn't like that sermon at all. She had been brought up to believe that love was always right and hate always wrong. Love is always right, yes; but that does not mean we can feel free to love what is evil. If we love the good, we shall not love what destroys good. Sometimes this substitute for Christian love takes the form of a general feeling of good will toward the world in general. A well-known American wrote shortly before his death, "I bless the universe." Now it is certainly better to bless the universe than to curse it. But blessing the universe seems a curious sort of thing to do. Are you really blessing all of it, sir? Cholera and polio, stars and atoms and typhoons and germs, criminal and judge, saints and sinners, miracles and murderers? We have to be careful that we don't love the universe in such a way that whatever happens seems exactly right!

The Christian Way

The Christian way of love is not totally different from these other ways; but it is vitally different. It is inspired by God in the first place and it mirrors his love. It goes beyond the lovable, it is more than an exchange of love. It even goes out to one's enemies. American history gives us two striking illustrations of the actual power of love, in two men on opposite sides of the American civil war. The two enemies, as they once were, are now honored more perhaps than any other two in that tragic conflict: Lincoln and Lee. Each was a man who could do nothing else but stand by his convictions and fight even when other men were ready to give up. Their love was not the child of indifference, selfishness or cowardice. But it was Lincoln who coined the phrase, "charity toward all and malice toward none," — and he meant every word of it. It was Lee who later as president of a college refused to let any one in his presence speak evil of his former enemies. It is not the men who are the best haters, but those who show what Christian love is, who have greatest power over the hearts of mankind.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Service.)

Washington Notes

CONSUMER PRICES

Consumer prices have risen two per cent to a new high for 1956. Strong demand for all sorts of goods promise further increases, despite high industrial output, according to a Government survey.

REFUGEES

Nearly 100,000 Hungarians have fled into Austria in the last four or five weeks, and are scattered throughout that country. Many are being housed in temporary camps. The American Red Cross is aiding in caring for these people who have left their homes in Hungary.

FOREST FIRES

Over 70,000 acres of forests have been destroyed in the mountains of Southern California this year and the fires are continuing. Each acre of watershed that is burned off increases the danger of floods, when the rains arrive late in the winter.

TRANQUILIZING DRUGS

The use of tranquilizing drugs may be robbing Americans of the tension, alertness and worry which traditionally sharpen their ability to defend themselves in danger, warned two psychiatrists, who have been studying patients who take "happiness" pills.

SPACE TRAVEL

Space ship travel will not rejuvinate astronauts, according to a Harvard University scientist. The idea that it would—an idea which has been promoted by science fiction writers — is based on misunderstanding of Albert Einstein's theory of relativity, according to the Harvard experts.

ICELAND BASE

Iceland has agreed to permit United States troops to remain at their strategic Reflavic base under a direct agreement that bypasses NATO, according to a recent report.

CORPORATION "GIANTS"

Fifteen American nonfinancial corporations each made more than $100,000,000 after taxes in the first nine months of this year. That is more than earned that much during the same period of 1954.

FARM PONDS

Farmers and ranchers are building one to two-acre ponds on their lands at a rate of about 75,000 a year, according to the Agriculture Department, which estimates that around 1,500,000 such ponds have been constructed in the fifteen to twenty years. These ponds provide water conservation, better livestock management, improved wildlife and waterfowl habitat, increased fish production, land-erosion control, supplement irrigation, fire protection, swimming and recreation.

WORLD ILLITERACY

The United Nations Educational Scientific and Cultural Organization reports that more than forty per cent of the adult population of the world cannot read and write. The rate of illiteracy is highest in Asia, where between 77 and 81 per cent of the inhabitants are unable to read and write.

The National Science Foundation has announced plans for a huge telescope 140 feet in diameter.

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Home Agent's Notes

Prepared by
Elizabeth W. Pancake, Asst. Home Agent

Family Living Outlook

Even better family living is in prospect for 1957 than the high level attained in 1956, if family income continue rising, according to Gertrude Weiss in a speech at the annual Outlook Conference, U. S. Department of Agriculture, Washington, D. C. Dr. Weiss, who is head of USDA's Household Economics Research Branch, said that part of the gradual rise in the cost of living continues in the new year, continued improvement in living is likely. Consumer income or equity, even after income taxes, has more than kept up with the cost of living over the past 8 years. In 1956 families not only spent more for the goods and services they represented better living for them, but they also put more into savings than in 1948, Dr. Weiss said.

Families not only have been spending more but they have been spending differently, indicating a change in taste and preference. The most striking rise in family spending has been for the purchase of and operation of automobiles, but spending for food and housing also has been rising. In contrast, spending for clothes and public transportation is lower than in 1948. The prestige value of the automobile is indicated by the fact that spendings for this item increased 46 per cent from 1948 to 1955 as compared to the 14 per cent increase in total consumer spending. In 1956, 73 per cent of U. S. families owned automobiles compared to 54 per cent in 1948, she said.

The reason families are spending more for food is that they have switched to more expensive foods when eating out more. The Department's 1955 Household Food Consumption Survey showed that families use more meat, poultry and more frozen fruits and vegetables, but less potatoes and less fresh fruits and vegetables in canned, dried or fresh form. Farm families appear to have been spending more for food because they have been buying more and producing less and have been eating out. However the proportion of home - produced food in the farm family supply, though down, still is substantial.

Money spent is not the only sign of level of living. Another is increased leisure from paid vacations and shorter working hours, as well as the continued usefulness of household labor - saving equipment now widely owned.

Though this is the overall pattern of the family, many problems are lost in totals and averages. Some families have low incomes because of limited ability or opportunity to take part in the expanding labor market. Those with fixed incomes have difficulty adjusting even to a slight rise in living costs.

Choose and Cut

A new version of the old custom of bringing in the Yule tree is proving successful with both growers of Christmas trees and families who buy them in California, according to Arthur M. Sowder, USDA Extension forester. Mr. Sowder says the California Christmas Tree Growers Association has been promoting the "Choose and Cut" plan. Families drive to Christmas tree farms, park their cars, are handed a saw, at a stated price, regardless of size. Some 2,500 to 3,000 trees were sold this way in California last year, and the number is expected to be larger this year.

One farmer who has a 20-acre plantation of Douglas firs, Monterey and Scots pines and smaller white firs reported that though he was dubious about letting people cut trees for fear of property damage, he was won over by last year's experience. He reported that most people followed directions and caused little damage of any kind. On one day of heavy wind and rain many cars "loaded with families" drove into his farm and he sold 57 trees, 73 per cent of U. S. families owned automobiles compared to 54 per cent in 1948, she said.

Stonewall

Stonewall, Dec. 10.- We have surely been blessed with lovely spring-like weather for the past week.

A Christmas program, "The Shining Light," will be presented at the Bethel Methodist Church Sunday night, December 16, at 8:00 o'clock. Everyone is invited.

We want to thank everyone who helped to make our turkey supper last Saturday night a success, at the Stonewall Community Center. We appreciate your kindness more than we can tell you.

Rev. Aaron Smith preached at Bethel Church on Sunday morning, at 11:00 o'clock. He was the dinner guest of Mr. and Mrs. E. L. Chick.

Mr. and Mrs. C. D. Carson visited his mother, Mrs. Lula Morgan in Roanoke on Sunday. She is sick in the home of Mr. and Mrs. Wilton Carson.

Rev. Aaron Smith and Mr. E. L. Chick visited Mrs. J. A. Stratton in Virginia Baptist Hospital on Sunday evening. She had a fall and injured her back. We wish for this fine Christian lady a speedy get well.

Mr. and Mrs. Lester Carson spent Sunday in Roanoke with Mr. and Mrs. Virgil Carson.

Mrs. Elsie Caldwell, of Evington, Va., spent the week-end with her son, Mr. Jack Caldwell, Jr. and his family.

Mr. and Mrs. Charles N. Judy and son, of Fincastle spent the week-end with her father, Mr. J. O. Davidson, and other home folks.

Mr. and Mrs. Jack Caldwell, Jr. and Kathy, Mrs. Elsie Caldwell and Mr. Tom Caldwell visited Mr. and Mrs. Howlet Drinkard, Sr., on Saturday night.

We are so happy to know that Mr. Melvin Drinkard is feeling better. We hope he will soon be real well.

Congratulations to Mr. and Mrs. W. E. Bondurant, Jr. on having moved into their lovely new brick home just completed. We wish for them and their little son, Jimmy, a long and happy life together in their new home.

Mr. and Mrs. Henry Beard and Lawrence, and Mr. and Mrs. Chatt Chapman and son, of Farmville, and Mr. and Mrs. Jimmy Hortin and children, of Lynchburg visited Mrs. J. H. Beard on Sunday.

Mr. and Mrs. Parks Jennings expect to leave on Dec. 21st to visit for the holidays with their children, Mrs. Charlie Spain and Mrs. Monroe Dysse, of Alabama.

GETS JURY CALL AT 89

Seattle, Wash.- Mrs. Carrie Borise, 89, recently received her first call to serve on a jury. Stating she had always wanted to serve on a jury, she said she would be delighted to do so, "if they'll have me."

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Garden Talk

By
Appomattox Garden Club

Let's talk of Philodendrons, which form the backbone of any indoor planting in the modern manner. Numerous varieties are now available. Obey come in three growth forms. The climbers or vines, the self-heading types which grow from a central crown, and hybrids of these two which are called semi-self-heading. These last two forms are low climbers which hold up their own heads for quite a while and increase in height very gradually. Large plants will need a stake, or "totem," for support.

Newest of the climbers is Angru Dos Reis, as exotic and tropical as its Brazilian homeland. Each large leaf has the high gloss of a well-shined shoe. It was recently introduced into Florida as an unidentified new species and given this distinctive name. It is characterized by maroon blotches on the stem, and the foliage is green, top and bottom.

Two new self-headers are also Brazilian in origin, and are propagated in Florida. P. crenulatum has large, deeply notched leaves, and is valuable in producing a bold, modern effect. In all the cut-leaved varieties of these Philodendrons, the indentations or cuts on the leaves increase as the foliage matures. On small seedlings, the leaves are really solid in outline.

P. Espirito Santo was unnamed when imported. Its name honors the Brazilian state in which it was found. It is quite different from any previously introduced species. The three-pointed leaves are shapely what might be called semi-dwarfed like arrowheads, and the plant

Other varieties of these easy-to-grow plants are:

Philodendron Tricolor, a variegated climbing hybrid;

Peperomia Little Fantasy, a miniature growing only 2 or 3 inches high;

Peperomia Sweetheart, with interesting heart-shaped leaves;

Syngonium Imperial White, a climber with lovely white leaves edged in green.

There are many varieties more common than the above-mentioned. We see them in the 10 cent stores in small pots for 19 cents or 39 cents. But in the modern restaurants, with indirect lighting and window gardens, you have seen these glossy green foliage plants and marveled at their healthy beauty. Howard Johnson's new dining room , in Lynchburg, has one such garden. It is beautiful.

Philodendrons demand very little attention. If planted in a good potting soil and given whatever light there is, and whatever water you remember to give, they will loyally and richly reward you.

Some one at the National Flower Show told us that an evaporated milk sponge bath was better for cleansing slick, shining foliage than commercial sprays or waxes. It makes them gleam and thrive.

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